

CLIENT EDUCATION FOR DEPO-PROVERA®

PLEASE READ CAREFULLY

- Depo-Provera® is a progestin only contraceptive method. Depo-Provera® is 99.7% effective if given on schedule:
- Every 11 to 13 weeks as a deep intramuscular injection of 150 milligrams (mg) or
- Every 12 to 14 weeks as a subcutaneous injection of 104 milligrams (mg).

BENEFITS: In addition to prevention of pregnancy, some women experience the following benefits from using Depo-Provera®:

- Scanty or not menstrual bleeding
- Less anemia
- It can be used by breastfeeding mothers as it does not contain estrogen
- Decreased menstrual cramps and pain
- Suppression of pain associated with ovulation
- Decreased risk of endometrial cancer, ovarian cancer
- Decreased risk of PID (Pelvic Inflammatory Disease)
- Management of pain associated with endometriosis
- Long-term effective contraception
- Low risk of ectopic (tubal) pregnancy
- Decreased incidence of seizures in women with seizure disorders

You should not use the shot if you:

- Are or think you are pregnant
- Have abnormal bleeding from the vagina that has not been evaluated
- Have a known or suspected cancer of the breast
- Liver tumors (hepatocellular adenoma or malignant (hepatoma)
- Have multiple cardiovascular risk factors (45 years of age or older, heavy cigarette smoking, high blood pressure, high levels of cholesterol, diabetes)
- Have history of heart attack or stroke

While using Depo-Provera® you may experience the following side effects:

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| - Menstrual cycle disturbances | - Headaches |
| - Weight gain | - Nausea, abdominal discomfort |
| - Breast tenderness | - Nervousness, dizziness |
| - Depression | - Hair (loss/increased) on face or body |
| - Increased or decreased sex drive | - Decrease in bone density |
| - Allergic reactions (rare) | - Decrease in HDL lipid values |
| - Skin rash or spotty darkening of the skin | |

Depo-Provera® use may decrease the amount of calcium in your bones. The longer you are on Depo-Provera® the more calcium you may lose. This increases the risk of your bones weakening if you use Depo-Provera® continuously for a long time (for more than 2 years). Calcium levels may not return completely once you stop using Depo-Provera®. The loss of calcium may increase your risk of osteoporosis and broken bones, particularly after your menopause. Calcium is generally added to bones during teenage years. The decrease of calcium in your bones is of most concern if you are a teenager or having the following risk factors:

- * Bone disease
- * A strong family history of osteoporosis
- * An eating disorder
- * Drug use that can lower the amount of calcium in bones (drugs for epilepsy or steroids)
- * Smoking cigarettes
- * Drinking a lot of alcohol

Women who use Depo-Provera® contraceptive injection may lose significant bone mineral density. Depo-Provera® should be used as a long-term birth control method (that is, longer than 2 years) only if other birth control methods are inadequate.

To lessen the chances of serious problems, you should seek medical care if experiencing any of the following symptoms:

- Repeated, very painful headaches
- Yellowing of the skin or eyes
- Unusually heavy bleeding from the vagina
- New lump in your breast
- Severe depression
- Severe lower abdominal pain (may be a sign of pregnancy)
- Pus, prolonged pain or bleeding at the injection site

Use of Depo-Provera® requires a clinic visit every 12 weeks for a reinjection.

Depo-Provera® does not provide protection from sexually transmitted infections.

Stopping Depo-Provera® and Future Fertility: Depo-Provera® may prevent a woman from getting pregnant for more than 12 weeks after her last injection. The average delay in return of fertility is 10 months following the last injection. Depo-Provera® does not decrease a woman's fertility in the long run.

Bone Mineral Testing: This testing provides information of your current bone density status. You may desire to discuss this with your primary care physician if you are at high risk (smoker, high alcohol use, teenager, strong family history of bone density disease, eating disorder or you are on medications that lower calcium in your bones).